

SPECIAL WELL-BEING WEBINAR EVENT!

MINDFULNESS: BEING PRESENT IN YOUR WORK AND LIFE

The idea of mindfulness is being completely engaged in the present moment. In many ways, people can be unaware of the present moment, opting instead to operate on "auto-pilot." Learn to identify the ways you experience the world, the components of mindfulness, and see how putting it into practice can benefit your life both at work and at home.

When:

Thursday, December 9 – 1:00 p.m. CT

Where:

Zoom

Register:

bhr.sd.gov/benefits/employee-assistance-program/

Attend an Employee Assistance Program live webinar to earn 25 well-being points.